

Scrambled Tofu

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 3-4 servings

Ingredients:

1 block tofu, squeezed and crumbled

1 red onion

1/2 red bell pepper

2 tablespoons of olive oil

1/8 tablespoon paprika

1/2 teaspoon tamari

1/8 teaspoon turmeric

1 tablespoon umeboshi vinegar

dash of black pepper

Directions:

1. Press out excess water from tofu and crumble into small pieces.
2. Heat oil.
3. Add paprika, tamari and turmeric. Sauté for a few minutes.
4. Chop onion and bell pepper.
5. Add onion and pepper, umeboshi vinegar and black pepper.
6. Cool for 5 minutes until mixture thoroughly heats and flavors blend.

Variations:

Use alfalfa sprouts or fresh parsley to garnish.